

Jakeun Bal Taekwondo News letter

March 06

Anyunghaseyo jejars of Jakeun Bal Taekwondo.

- **Club Grading:** I am very pleased to announce that 75 members took part in our Easter grading. This was by far the biggest grading that we have had. May I thank everyone who graded, as they have pushed the club grading to a new level. I would also like to thank the volunteers who helped in the running of the classes.
- **Ultimate 1-1** I am proud to announce that 31 members of our club and 10 of our referees were in action at the Ultimate 1-1. I was amazed at the effort that everyone put into this day. At the time of righting I don't know how many winners and losers we had but apart from a few burses no one was really hurt. Let's hope that we can keep the momentum up for the next competition.
- **LANCASHIRE SQUAD TRAINING:** If you are over 8 and a yellow belt you **must** go to this event. It is at Pendle Leisure Centre on Saturday 1st April from 12.30 -2.30 we are holding this event to make you all better fighters.
- **New Examiner:** In May 2007 I will be taking my 4th Dan and with this in mind I have been looking for an instructor to train under. Kathy from Ultimate TKD will now be helping me gain my 4th Dan. In return I have invited her to grade our club which she has graciously accepted. Please go to www.ultimatetkd.co.uk to look at Kathy's profile. Because of this our syllabus will change and as she is on the Dan Grading panel, our standard will have to be pushed even higher. You will all have to train more often, train at home and come to as many special events as possible, I want you all to benefit from having Kathy as our examiner.
- **SaboNim:** From **April 1st 2006** Jakeun Bal Taekwondo will become part of *SaboNim: martial arts, health and fitness*. This change is to reflect the long term strategy of Jakeun Bal Taekwondo, as we will be offering more than just Taekwondo. Jakeun Ball will still be for the Taekwondo.
- **Cinema:** On Wednesday ---- April at 1.00 we taking the club the Cinema to watch *Ice Age 2*. If you are an Orange mobile user we would like your help in getting the 2 for 1 discount. The only problem we have is that we can only do this on that particular Wednesday. So in order for this to work I need as many people who

To contact the club you can ring Philip on 07812 147895

are Orange users to find a friend who is not and let them go to the pictures with you, sharing the cost between you both. I will try to get the cinema to reserve 30 seats for us so that we can all sit together. If you are unable to find an Orange user, still come and I will work my charms with the management to see what discount we can get for you.

- **James Day:** I am pleased to announce that my Friend James is to run a **self defence** class on **Saturday 6th May, 1.30 – 3.30** at **Energize**. I would like as many people as possible to attend. James is an exceptional martial artist full of painful ways to pass the time of day. Please don't miss his class. This class will be open to parents as well.
- **Uniforms:** unfortunately the price for uniforms has gone up; this is the 1st time since the club started 3 years ago. All uniforms have gone up £1.00. The main reason for the price increase is actually Postage[Ⓢ]. On a lighter note we can now supply uniforms from 110 up to 210.
- **Yellow Pages:** from May 06 our club will be placing an advertisement in the yellow pages. This ad is costing £180. I hope that this is more successful than the Express group of papers.
- **Koreanna:** So far we have only got 6 People going to the Korean Restaurant, if you still want to go let me know by Friday and we will see if I can get a bigger table.

2005 events:

April 23 rd	Sykes 1-1	Doncaster Dome
May 7 th	Ultimate Championship	Sheffield
June 4 th	Sykes Championship	Doncaster Dome
July 16 th	Ultimate 1-1	Adwick Doncaster

Licence	£15	this allows the student to compete and to grade.	
Grading	£13		
Jakeun Bal Badges	£2.00	BTCB badges	£2.50
Gum Shields	£2.00	Belts (size 250 – 3.20)	£2.50
Training tops	junior £20.00	senior £22.00	
T-shirts	junior £ 8.50	senior £10.50	

Here is a list of Master uniform prices and heights. Note measurements are in cm

110 - £20	120 - £21	130 - £22	140 - £23	150 - £24	160 - £24
170 - £25	180 - £26	200 - £28	210 - £29		

SaboNim
martial arts, health & fitness